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(l to r): Jack O'Doherty
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*In Quarantine
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Each Other, People Survive
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gabhar i gcónaí é*



Joe Ahern passing the 100 Club Torch to
its new CEO, Caitlyn Brennan. Story pg 23

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From the Motherland

By Sean Farrell

St. Patrick's Day 2020: Lethal Game Changer

How strange and surreal it is to be writing this. Two weeks ago it would have been inconceivable. A week ago, hopefully, unlikely. That was then and this is now. The Corona Virus has struck with all the immediacy of an asteroid impacting. It's not in China, like SARS, nor in Central Africa, like Ebola. It's here in Ireland, in Europe, in North America, in the prosperous First World.

Again, pursuing the asteroid metaphor, the dust and debris have not yet settled so we have no idea, other than a pessimistic inkling of the damage wrought. It promises to be fearsome. Western Europe, now deemed to be the Epicentre, has five hundred million people, North America three hundred and sixty. If left unchecked up to seventy percent could be infected; repeat 70% or 600 million. For most, perhaps up to ninety per cent, it will be mild, for ten percent more serious, requiring hospitalisation, and for the unfortunate minority - fatal. Based on the evidence from China, the death rate could be 2% or higher; and 2% of 600 million comes to 12 million deaths. For the island of Ireland, with 6.9 million, this works out at around 100,000 dead. For Britain, with ten times the population, the estimate is around one million. Even an infection rate of 10% would yield figures of fifteen and one hundred and fifty thousand dead. Do the math for North American deaths.

These are wartime figures. For make no mistake. Our societies are at war. The casualties have begun to mount, the infection rate appears to be doubling perhaps every three or four days and if we do nothing will continue at that pace. The collateral damage will be colossal; already the Western economies are taking severe hits with a downturn and recession now a virtual certainty. But the societal damage is even worse, again akin to that in war. Italy, the country outside China worst hit so far has seen its health system buckle under the strain and has even begun to triage patients in need of the limited supply of respirators. That on the basis of casualties, as I write, of 31,000 infected, half of one percent of Italy's population. And as the system buckles, as the earlier experience in



Wuhan demonstrated, the mortality rate rises; in Italy with 2,500 deaths, it is already well over 5%, culling brutally and disproportionately the elderly

and the already sick.

The first case was diagnosed in Italy on 21 February, less than four weeks ago, and it is the sheer speed with which the virus has spread which has thrown Western politicians and populations off balance. They - we - had watched with fascination as the virus picked up tempo from its still murky origin in Wuhan, China last December. We watched as the Chinese government, authoritarian and therefore able to mobilise, control and direct its population had gradually fought against the virus, effectively locking down hundreds of millions of people for lengthy periods. We marvelled, but were complacent enough to think it could never strike in Europe, and, moreover, that it would be unthinkable to contemplate, yet alone introduce, similar curbs on personal freedoms into western democracies. A comforting sub - text to this thinking was that by the time it DID strike, a vaccine would have been developed, and/or like SARS or some of the other flu like viruses that originate in China it would be self-limiting or would weaken and attenuate.

The vital lessons which the Asians had learned from combatting SARS and were relearning and applying to control the current virus, were noted but not applied in time, particularly the essential devices of adequate testing and then contacting and isolating the wider pool of those third parties potentially infected. Even as the horrific developments in Italy were played out on the European media, politicians and governments seemed content to concentrate what testing there was on people who had visited Northern Italy, completely underestimating the virulent contagion rate of the virus.

Now it's a massive "Operation Stable Door" throughout Europe to emulate the Asian success in slowing down the rate of infection ("flattening the curve") and it is clear that the reputations of the current crop of governing politicians will be determined by how they handle this crisis. Sport has been cancelled, even not-so- large gatherings banned. Pubs and restaurants are being closed in more and more countries. People, the elderly especially, encouraged to stay home. Italy is in lockdown, as are Spain and France - Macron yesterday declaring that France was at war. Borders have been closed, States of

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Emergency have been declared throughout Europe as the figures for infections have rocketed - and will continue to increase dramatically as more people are tested.

The other grim lesson from Italy is that where a society is mainly healthy and prosperous, a country's health system is likely to be tailored and resourced to reflect this, with an embedded assumption that it will never have to face a massive and immediate existential threat. Italy is running short of essential equipment to cater for the ever increasing numbers of seriously ill. It is doubtful whether any other European country is much better equipped. With catastrophe threatening and doctors facing the prospect of who to save or not, the

avowed aim of the measures taken thus far is to try to slow down and flatten the rising curve of infection. Even some flattening would relieve pressure on Europe's national health systems.

Ireland had its first confirmed case on 29 February. The current figure for the island is 354 (69 new today), including 62 in the North and is increasing sharply. According to Taoiseach Leo Varadkar, a doctor, the daily figure is expected to increase by 30% and the total infected could reach 10-15,000 by the end of March, two weeks today. The vast majority will not require hospital treatment, but at 2%, 2-300 could die. The Chief Medical Officer, Dr Tony Holohan, has stressed that the next seven days will be



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vital in flattening the curve and partially heading off disaster. The economy is shattered and further emergency measures seem likely. No one can even speculate what the final outcome will be.

Thus far our nearest neighbour, Britain, has marched to a different drum, initially downplaying the threat (though not on the scale of Trump), while eschewing the more drastic measures taken by other major European countries. Perhaps there was an illusion that, as an island, Britain would be spared the worst (which may well turn out to be partially the case, and for Ireland also). Perhaps also through adherence to the notion of "herd immunity," which might

eventually prove valid, but which constitutes a hell of a risky policy bet. As the figures mount British policy is now changing, perhaps too late.

For us all this is a war. And even if we succeed in "flattening the curve" this will not constitute victory. It will not constitute a Stalingrad, a Midway, a Kursk, a D-Day. At best, to quote Churchill, a Johnson favourite, it will constitute an "end of the beginning." And even that will require "Blood, Sweat, Toil and Tears.

"Sean Farrell is a retired Irish diplomat and former Irish Consul General in Chicago in 2006-7. His previous posts included

Irish Abroad Director in the Department of Foreign Affairs and Irish Ambassador to Estonia from 2001-4. He was also an EC Peace Monitor in Croatia and Bosnia in 1991-2 before serving in Belfast from 1992-95 as Deputy Head of the Anglo-Irish

Secretariat in Maryfield, a period that saw the first ceasefires and moves towards the settlement of the Good Friday Agreement. He keeps a close interest in Irish politics and society North and South. He has written a column in the IAN since 2009."

Getting to Know the Irish

By Tina Butler



Who was Mary Ward? She was an astronomer, author, naturalist (studies the patterns of nature, the interconnectedness with plants, trees, birds, etc..) and artist. Mary nee King was born in 1827 in Co. Offaly. She was educated at home with her sisters as most girls were at that time. However, her education was slightly different, she was from a distinguished research based/scientific family. She was interested in nature at a young age and as a small child she collected insects. She would use a magnifying glass to study the insects and then she would draw them. Ward's father bought her a microscope. It was the beginning of her lifelong passion. (the microscope was invented about 1600's). Ward made her own slides and prepared her own specimens. At the time Universities would not accept women. At this time in history roughly 50% of women could not read. Ward had a passion for learning, discovering & understanding. Thankfully her family encouraged her to explore & create what she wanted to. Ward had so many questions and wanted to learn all she could about science. She found information anyway she could. She would write to scientists and asked them about their work/research.

When Ward wrote her first book, Sketches with the microscope, she thought that no one would print it because of her gender and lack of credentials. The book was reprinted eight times with a new title, A World of Wonders Revealed by the Microscope. A new edition was published in 2019 by the Offaly Historical and

Archaeological Society.

Tragically Ward was killed in an accident in 1869. Ward and her husband were traveling in an experimental steam- powered car. (slow to start, water had to be boiled to generate the steam, it used coal so it's exhaust was very dirty, they went about 20 miles per hour) Ward was unfortunately thrown from the car and fell under its wheel and died almost instantly. The fatal injury was a broken neck.

Ward was the first automobile death in Ireland, she was only 42. Since then we have greatly advanced in our automobiles, cars can go 300 miles per hour. However, we have also sadly increased our automobile casualties every year also. Worldwide over a million people are killed from traffic accidents. In Ireland there were 148 deaths last year from car crashes. Two major factors I think that are involved in crashes are speed & alcohol.

Ward was a remarkable woman, she made huge discoveries at a time in history when girls/ women weren't even accounted for. It's important to note that Ward's family was very wealthy and that she was from a privileged lineage. Ward was born with a curiosity, determination, and passion for life.

Gaelic for the Month

Automobile-gluaistean
Microscope-micreascop
Naturalist-nadurai

Don't drive faster than your guardian angel can fly...

If you have any questions/ comments, please email me at: Molanive@yahoo.com



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From Ireland to Chicagoland

Hailing originally from Arranmore Island, off the Donegal coast, Caroleann has been living and practicing law in Chicago for over ten years now. Her practice has been concentrated in representing labor and union workers and their families, in all types of personal injury and work related accidents; including, construction site accidents, automobile accidents and premises liability claims. Her father and three brothers all worked as tunnel miners so she has a deep rooted affinity for the working man and their families



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Growing up, Caroleann has directly experienced the devastating impact on a family when the primary breadwinner suffers an injury. she recently joined a nationally renowned law firm concentrating in all types of personal injury, medical malpractice, nursing home abuse and neglect, workers compensation law, and wrongful death litigation. Caroleann is committed to protecting and vindicating the rights of people who are injured by the negligence of others

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Elizabeth Crabill: CEO of CIE Tours

*CIE Tours Shows Over 40K Tourists A Year
The Best Ways to Visit Ireland and Britain*

By **Ryanne Gallagher Johnson**
CIE Tours, the premiere specialty tour operator offering the highest quality and widest range of programs to Ireland and Britain, has been operating for close to ninety years.

The agency offers that experience formed from all those decades of forged relationships with the people and businesses of Ireland, and as such, has access to possibly the deepest well of resources to offer tourists the

widest range of possible vacation options.

Elizabeth Crabill, CEO of CIE since 2016, joined the company after years working as the American head of GTA Travel, with the goals of expanding CIE's digital footprint, raising the visibility of Irish tourism expertise, and introducing a new generation of travelers to the tour experience. (irishamerica.com)

"We have two things happening online," Crabill explains. "Number



one is we always try to make sure our travelers can find what they need online, so they can browse what they're interested in, get ideas, and then call one of our specialists at our call center.

"And (second), we actually just launched a brand new website in December. So, we are increasing our investment in making sure that understanding the experience of traveling to Ireland is done not only when you get on the phone with somebody, but it's done before that, when you visit the website. Our brand new site has launched a lot of features to help people, travelers who want to go over to Ireland, or people who are considering jumping on one of our scheduled tours to have our classic experience, or if you are a family or a private group that wants to do a private tour... the website is intended to invoke the excitement of that Irish hospitality feeling of traveling to Ireland.

"It was a full redesign, it's just a couple months old. And we're spending the next year making sure that it gets up and running, that we get people to it. We're pretty sure they're still going to want to talk to a specialist, because the type of travel that we

do is multi-day, there's a lot of experiences, there's meals, there's stops, there's sightseeing, there's music, there's always things going on in our tours. People usually will want to browse a little bit, research, get their questions together, and get on the phone with one of our specialists to make sure they're picking the tour that's exactly right for them."

As CIE is the largest company for travel to Ireland, it's also got the largest number of on-the-ground field experts, drivers, and staff, most of whom have been working for the company for several years, if not decades.

"It is a really dedicated group of men and women that are locals, are experts in Irish hospitality, and are storytellers," says Crabill. "When you look at CIE tours, who is the Irish-owned travel company, we have not only the 130 drivers and guides, a very dedicated group of people on the ground in Ireland who deliver a fantastic tour experience, (but) we also have an office of forty-plus people in Dublin and throughout the country who are there to attend to any customer service needs. I think that's another big piece of our reputation, given our longevity

and the market as we've been around for more than eighty-six years.

We have the largest crew of field staff in the country, but, we also have tons of experience ironing out any kinks or inconsistencies in our tours. So they run like clockwork. That's why we always say, not only do we have the best guides and drivers, but the reason we have the best guides and drivers is because they want to work for the best company, who has figured out the best way to deliver a seamless tour experience. It's the magic experience."

With tourism to Ireland topping around 40,000 people a year, the company is always looking for ways to go above and beyond for its customers in order to stay competitive. For example, with the recent pandemic across the globe, CIE has kept a close watch on the changes in safety measures for its customers, and has been making on-the-go adjustments to its current and upcoming tours.

Looking forward, and for people wanting to travel in the future, CIE has everything you'll need to plan your trip to Ireland and/or Britain.

"Heritage tourism is gonna be huge," Crabill acknowledges. "It's a big trend that's come up because of DNA kits... We offer private tours, we can help people get back to Ireland, and we can help them return home to see places where their ancestors would have come from in Ireland.

"Our tours touch on a lot of different places. When we do interact with people on (our new) site, we actually have added a heritage finder tool where people can put in their Irish surname, or their ancestor's names, and it will actually search for the counties in Ireland where that surname is known to have come from, and then it will match it up to tours that go through those counties. Then if you get on the phone with one of our specialists, we can help you customize that experience, if you'd like a private tour. Ancestry is going to continue to be very much of interest to people."

For more on CIE, and to start planning your trip to Ireland or Britain, www.cietours.com/en-us


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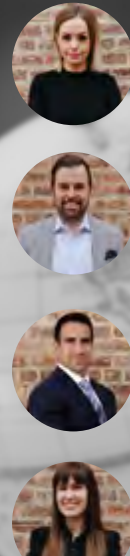
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Irish Books and Plays in Review

Frank West



Black Magic—The Erin O'Reilly Mysteries

Steven Henry
Clickworks Press

Black Magic is an exciting, thrilling, and fast-paced read. Steven Henry has created believable characters, and the main one is Erin O'Reilly herself. She is a detective with the NYPD's Major Crimes Division. Her faithful companion is Rolf—a K9 member of the NYPD.

Before being elevated to detective, Erin was a beat cop. "Erin was a career cop who'd spend eleven years working Patrol before earning her gold shield. She had good instincts that kept her alive."

A magician's assistant was killed on stage before six-hundred people! The magician's

cutting machine malfunctioned. The case takes Erin's complete attention. "It was an indication of how preoccupied she was that she'd gone a good block and a half from the precinct before she realized she was being followed."

"She knew it with the sudden tingle on the back of her neck that every good street cop learned not to ignore."

This happens early in the book—ad the reader is completely hooked. We are ready to accompany Erin on her investigation of the murder.

The biographical information about the author, who writes with such power and drama, is sparse. All I could find is: "Steven Henry is the USA Today best-selling author of the Erin

O'Reilly mysteries. He lives a very quiet life in Minnesota with his wife."

As the detectives track down suspects to interview, Erin and another detective go to a garage in Brooklyn where the suspect works. As they approach the



rundown garage, Erin says to the detective: "Looks like they're running a chop-shop...the crum-

my old cars were cover. I expect they move the real merchandise through as fast as they can."

They arrest the two operators of the chop-shop. In the interview room, the one she wants to talk with is cuffed to the table. Erin observes, "He looked like a random blue-collar guy, like the neighbors she had grown up with in Queens. Pudgy, middle-aged, balding. The sort of guy you'd call if your plumbing clogged up. On the other hand, "murderers could look harmless. It didn't pay to make assumptions."

Missing in the case of the murdered woman is motive. Why was she murdered?

Erin, and the other detective, go to search the murdered assistant's hotel room. They find nothing. Then Erin "did the old trick her dad taught her, he was a retired street cop, closing her eyes, taking a deep breath, and opening them again, taking in the scene with fresh eyes."

"Erin took her time, letting her eyes wander from one thing

to another. Then she saw it. The chair by the window had a set of small, circular depressions in the carpet that didn't quite line up with the chair legs."

"That's been moved," she said quietly. There was no obvious reason to have moved the chair." She says to the other detective: "It looks more like someone was using the chair as a stepstool. She looks behind the window curtain."

"I think something's wedged in there...She could hardly see it, it was hidden behind the curtain...taped in place where it was almost impossible to spot."

The other detective was taller and was able to pull down a manila envelope. "Wordlessly, he opened the envelope on the bed. Tight wrapped bundles of twenty-dollar bills poured out..."the total was \$30,000 dollars. The detective had their motive. Where did the magician's assistant get the money? Had she stolen it from someone

Continued to next page



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Bankrupt

Moral bankruptcy leads to financial bankruptcy. Clergy misconduct? Sex abuse!

Quoting Eric LeCompte, executive director of Jubilee USA Network, "There's a real sense from this Holy Father that if we really want to change the structures that govern our economy, we need to be able to address these technical issues head-on," he said.

The Pope, in fact, made a point to stop by the pontifical academy in the early afternoon. His lengthy and detailed written speech continued to hammer home basic and reasonable ethical principles; an end to money

laundering, the arms industry and tax havens that drain billions from national economies; stopping repeated tax cuts for the wealthy; and relieving crushing, unsustainable debt burdens, to name a few. Perhaps the Pope should stick to the teaching of the church and leave global economics to those who understand them. Focus instead on why the church has lost millions to the sex abuse scandal.

When the Cardinal has his annual dinner, who will be invited? The wealthy!

Tom Wolos

Tom had a zest for life. He loved to hike and covered a lot of ground in his 71 years. The Appalachian

Trail, the John Muir Trail, and the North Rim of the Grand Canyon. Although he wasn't Irish, he was a stalwart volunteer at the Irish American Heritage Center. He had an infectious smile, and was charismatic.

Tourism Ireland

Friday, March 13th, Cliff Carlson and I were the guests of John Griffin, the Kerry Tourism Officer. A luncheon was held at the Gage Restaurant on Michigan Ave. John Griffin is an old and dear friend. I met him in 1993 when he headed up the Jeanne Johnston Project, building an exact replica of the famine ship on the Bay of Tralee

who wanted revenge?"

Erin goes to the empty theatre to view the crime scene again and finds the magician there. He confesses to the murder and Erin begins to arrest. He escapes into a basement hallway. As she chases him, he sets off smoke bombs to make everything dark. He's finally cornered. He throws a knife at her. Luckily, she ducks and it hits her above her right elbow. Her K9 dog, Rolf, leaps on him and sinks his teeth into the magician's right forearm. Infuriated now, the dog crunches the bones in it.

He is now arrested for murder and attempted murder of

a policewoman. He arrogantly says, "I'll be filing against the department, of course. Excessive force—your animal broke my arm. This is a career affecting injury. When my lawyer hears..."

The other detective says, "You're just lucky my partner is more forgiving than I am. I would take this knife out of her and shove it up your magic a..."

Erin O'Reilly shows an example of great determination to bring justice to the world and to make it a better place. She brings hope to us all. I look forward to reading more Erin O'Reilly mysteries. #

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Local 597 Pipefitters (l to r): Patrick Mc Cartin John Wutheridge John Fanning who helped build the Jeanne Johnston in Ireland.

Three Chicago pipe fitters from local 597, Patrick McCartin, John Fanning, and John Wutheridge, spent many months in Ireland fitting out the ship.

You can find the Jeanne Johnston docked in the Liffey River in Dublin.

The original Jeanne Johnston sailed during the Famine years and had a doctor on board. The ship is famous for never losing a passenger to disease.

Irish Stereotype

Have you seen him, the unkempt, unshaven, drunken brute? Do you have any idea of how he thinks? John Fourniers' cartoon appeared in the Chicago Tribune on St. Patrick's Day. It was another thoughtless piece of ethnic slander. Who will he go after next? Little Black Sambo, or the Frito Bandito? Would you dare to

do that Joe? Next time you stick your pen in the inkwell Joe, put the Whisky away. I'm sure our Governor would appreciate your leaving him out of your cartoons.

St. Patrick's Day

Parades, parties and pubs were all cancelled or postponed due to Covid19. A real setback for the Irish culture; dancers, musicians, and singers rehearsed for months and alas, no venue to perform in. Nowhere to showcase the depth of our culture. No Mass at Old St. Patrick's Church, no celebration at the Irish American Heritage Center; no visit to the museum or art gallery. Our friends at Gaelic Park suffered the same fate as well as our friends at the Irish Heritage Center of Greater Cincinnati who were pulling on an oar in the same boat.

Sometime in the future we will

celebrate our heritage.

"The wild geese spread the gray wing on every tide . . ."

Booker Politics

Corey Booker, the black junior Senator from New Jersey wants racial justice and economic justice. He also wants a black female Supreme Court justice. We had a black Supreme Court Justice by the name of Thurgood Marshall, a great man. And, presently we have Clarence Thomas. What Corey Booker wants is a liberal justice.

Cory couldn't continue due to lack of funds.

John Hirschauer, writing for the National Review, had this to say about Corey Booker, "One move that almost certainly had no bearing on Biden's step to the cusp of the nomination Tuesday? New Jersey senator Cory Booker's endorsement, which he offered Monday over Twitter.

In one sense, the contrast between Booker and Biden could not be clearer. Booker, for all of his insipid theatrics as a senator - from the "I am Spartacus" gambit to the "tears of rage" performance - is a young, capable politician in control of his faculties. He is also a black man in a party eager to project diversity. Biden, by contrast, is an old white man who can hardly finish a paragraph without slurring his speech or succumbing to some cringe-inducing gaffe that betrays his cognitive decline."

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GOOD GRIEF

By JOSEPHINE COLEMAN



Tribute to my Mother in law twin sister
JANE CONEYS (nee O'Halloran)
EULOGY 25/02/2020.

My Mum Jane was born in 1921 as one of identical twins to Catherine and Michael O'Halloran; they had one younger Brother and 7 older Brothers and Sisters, the eldest one being born in 1910. She lived with her Family on the Island of Inishbofin in beautiful Galway Bay. Inishbofin is one of the most Westerly places in Europe looking in one direction towards the mountains of Connemara and in the other to the wild Atlantic and the Americas.

When Mum and her brothers and sisters were born life was basic and very tough and the Islanders had to be self-sufficient growing their own crops such as Potatoes. They reared their own Sheep, Cattle and Poultry. They also fished the Atlantic for Fish for themselves and to sell. Selling Fish was an important source of income to the Islanders. Tourism was very much in its infancy and virtually none existent. Electricity was also none existent for the Islanders. Light was by Oil lamp and Turf fires were used for cooking and warmth. This way of life had remained pretty much unchanged for Generations.

In 1943, with Europe in the throes of WW2, Mum went to work in Dublin and in 1946 she came to England to train as a Nurse in Southport. Her Twin Sister Helen travelled in the opposite direction to Chicago in the USA. Migration to North America and England was, and still is, a well-trodden path for Irish people hoping to shape a better life in

the future.

Mum had met my Dad Thomas whilst he was visiting Inishbofin in 1946. Dad had survived WW2 having served in some of the toughest scenarios of that War. They married in 1948 and I was born in 1949 and my Brother Desmond arrived in 1952. At that time we lived in Rochdale close to my Dads Family. In 1957 we moved to live in Blackburn and went to live in Pink Street, which was anything but pink. Pink Street was an interesting place especially as we lived opposite Bank Top Working Men's Club (affiliated) which on Concert nights was an indirect source of a variety of entertainment not all of it good.

Mum and Dad worked hard at their chosen Professions, Mum as a Nurse and Dad as a Bus Driver for the Ribble Bus Company. We moved to Redlam in 1962 into a house with a Bathroom.....wow.....no more tin Baths.... and no we didn't share the Bathwater!!!

Mum liked a fairly quiet life, enjoyed spending time with new friends mainly made from her job as a Nurse. In the summer we usually made the Annual Pilgrimage to the West of Ireland and the Island of Inishbofin which as I grew up I and my Brother enjoyed exploring. We marvelled at night at the silence, the big starlit skies with all of the Milky Way in full view. Occasionally we would see the shimmering light show of the Northern lights; these were experiences never to be forgotten. As we grew up we were treated to some of the darker tales of Inishbofin's history, of the Island's Cromwellian Castle, a sinister ruin which even now is a place not to linger. Tales also of German U Boats surfacing in the Coastal waters close to Inishbofin, usually at night, either on their way to or from their deadly missions in the North Atlantic. Southern Ireland was a Neutral Country during WW2 so Irish coastal waters provided a brief respite for the U Boats.

Later in her life Mum spent holidays in Spain or Greece with my Brother Des. However she was always happiest when visiting Twin Sister Helen in Roscommon or Brother Paddy on Inishbofin. She would often visit for 3 months at a time making the trip, after my Dad died, on her own.

In 1996 on a trip to Ireland my Mum and Dad survived an emergency landing at Manchester Airport shortly after take-off when part of the Aircraft's landing gear hydraulics failed. Mum got her Rosary beads out and Dad apparently remained unphased by the tricky situation they were in. The Pilot landed the Plane by skidding onto Grass and it took 72 seconds to disembark the Passengers using the emergency System. Undaunted they boarded a flight the following day and enjoyed their usual holiday.

Thanks to Mum and Dad's hard work both I and my late Brother were able to pursue our Education and our future careers. It wasn't without its challenges but we got there intact.

For all of this I thank you.

Mum outlived all of her siblings, many of her friends, my Dad and my younger Brother who died in May 2019. Although she was not aware of my Brothers death, I think she sensed it and quietly turned to her very strong faith and started to make her retreat towards the end of her life.

She witnessed many changes during the course of almost a hundred years of a varied life always doing her best for those around her.

I would like to thank our special friends Rita and Peter Shorrock and my wife Hazel for their unwavering support throughout and to my Cousins Susan and Janet; Carmel Anne O'Halloran; Andrew Coleman; Martina Goss and James Calt.

Hopefully by the time this is published the World is in a better place. Take care God bless you all.

the
Navigator

Cliff Carlson



Bury Ancient Grudges, Fix the Factions and the Fractions and Find the Strength to Unite!

You don't see much written by me in the paper by choice. I'd rather let the columnists have their say.

But, in these trying times I'm compelled to reach out to all of you to see if you could support Gaelic Park Chicago, and the Irish American Heritage Center.

Both took a major hit to their finances losing almost all



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of their March business which I'm guessing pays the bills for 3 months of the year. Both are strong and financially sound, but this had to hurt. Now, with the closures and the uncertain future, we need to step in and help as soon as possible.

I know you are supporting Irish businesses in many ways - buying gift cards to businesses you will use in the future, ordering food and drink for delivery, and so on.

My ask is that anyone of you who have visited these two fine Irish institutions, do a real give with nothing coming back to you in return - except the knowledge that you helped them get through this. No Trivia night where you pay and win cash, no silent auction or raffle where you get something back for your money, just a small give with no strings attached.

Let's give a monetary Caed Mile Failte! to these proud Irish institutions! If everyone who has visited Gaelic Park and/or the Irish American Heritage Center in the last five years could donate \$15 each, they would never have a financial shortage. They are well run and deserve our support.

They both print their newsletters to their membership in this paper, and they get a good rate, but it's not free. It's in my interest that they prosper, but that's secondary.

Rally around them and all the other Irish groups that you can. Drop what you are doing and do it now!

And, if you can't afford cash, they both can really use good volunteers to take the place of the many that have served and gone before us.

I've seen what you can do. Some of you have helped out in 300 benefits or several benefits, raising funds for those in need. When I bought this paper in 1991, the first event I went to was at St. Julianna where I watched people drive up in their cars and drop off envelopes of money and checks, while others gave and partied in the basement, raising over \$100,000 for a fellow who needed a liver transplant. I've been hooked on the Irish people and their generosity ever since!

My DNA test tells me I'm 6% Scots-Irish, but my heart tells me I'm 100%.



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A Word With Kathleen Donahue



Like so many Catholics and Christians, each year I look forward to the Resurrection of Easter and the promise of hope and new life that it brings. This year I am finding great inspiration contemplating Mary at the foot of the cross, watching her child suffering and yet having the faith to face the "sword that pierced her heart" (Luke 2:34-35) with such courage and grace.

Perhaps I am thinking about Mary because there are so many people who come to Catholic Charities bearing heavy crosses of their own: parents whose hearts have been pierced by the death of a child through suicide or gun violence; mothers and children fleeing abusive relationships; veterans coping with traumatic combat experiences; seniors managing serious health issues and the effects of aging; teens seeking pathways out of gang violence; those experiencing homelessness looking for affordable housing; or those with mental health concerns hoping to find professional counseling and compassionate care. Each day, thousands of people come to Catholic Charities, laying their burdens at our doors—and we have the honor to help them.

Even though she had tremendous personal strength, we know that Mary did not suffer alone at the cross. Mary of Clopas, Mary Magdalene, her sister, and maybe others were there with her, sharing her sorrow. The Bible does not give us dialog amongst the group so we assume that her companions simply stood with her in silent solidarity, helping her face one of the most difficult moments of her life. In the same way, Catholic Charities strives to be there in a very personal and compassionate way for each person who seeks our help, standing in solidarity with them as they face great life challenges. I feel very blessed that I've witnessed first-hand moments when I could visibly sense relief

and comfort in people simply by being at Catholic Charities. Maybe this sense of peace comes because many of our service locations are long-standing places filled with years of faithful prayer said by religious women and men over the years. Or, perhaps people—no matter what their personal religious affiliation—sense our own faith tradition that compels us to treat every person with the utmost dignity and respect. To be sure, there is a divine presence at work at Catholic Charities, bringing peace, comfort and a renewed sense of hope.

There is a saying that people don't care how much you know until they know how much you care. Catholic Charities certainly "knows" a lot about professional social work services and teaching skills that we have learned about overcoming challenging circum-

stances. But more importantly, we let people know we care. This caring personal connection goes hand-in-hand with our professional services. Only then can we begin the healing journey, teaching people how to incorporate past trauma into their lives, magnifying their inner resilience, and guiding new opportunities their way. The journey is never easy, but with great personal courage and steadfast hope from Catholic Charities, thousands of people daily persevere past doubt and fear and do the hard work of creating brighter futures.

Like so many of our brothers and sisters' lives, Mary's life was not easy. Yet, she had faith in her suffering and in the greater purpose of her Son—and she had support from those around her. So during this Easter Season, as I contemplate Mary at the foot of the cross, I will be thanking God for the opportunity Catholic Charities has to help people bear their own crosses, shining the light and hope of the Resurrection in even the darkest of places, and transforming lives in profound ways.

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At the Irish American Hall of Fame, the health and well-being of our inductees, their families and our guests is our top priority. We've been closely monitoring the spread of the Coronavirus (COVID-19) and how it is impacting individuals, businesses and communities worldwide. Our hearts go out to those who have been impacted. As a result of the government-recommended limitations on gatherings over 10 people, we feel it is in the best interest of all that we postpone the Irish American Hall of Fame 10th Anniversary Awards Gala.



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View From Ireland

By Maurice Fitzpatrick



Coronavirus Outbreak and Fallout

Sinn Féin leader Mary Lou McDonald, in opposition in the last Dáil, was apt to point out the contradiction of having an apparently strong economy and an utterly dysfunctional health system. For example, she stated in the Dáil last October that September 2019 had been "the worst September on record in terms of hospital overcrowding...[in which] 10,641 families...had to see a loved one suffer the indignity of a hospital trolley". In the general election, the electorate demanded better. Now, irrespective of which parties form the government of the 33rd Dáil, the coronavirus crisis damages whatever chances existed of their demands being met.

Naturally, the health system takes on a heightened significance

during a pandemic, and we could hardly be more vulnerable in this respect. Irish hospitals, even in normal times, leave patients, staff and visitors alike wondering if they will get out alive. At the time of writing, there are several hundred cases of coronavirus in Ireland, but if those numbers rise to Italian or Iranian proportions, our hospital system will collapse.

Such a collapse would trigger the necessity for emergency State aid and, consequently, major State borrowing. Yet the application of money transfers from Europe would happen against the backdrop of major changes in the European Union, changes that are already happening. If the coronavirus pandemic intensifies and lasts well into 2020, the recession that is resulting from it will pose a profound challenge to European integrity. The Common Market in Europe; the Schengen

system of free travel across Europe's borders; the right to live and work in another European country; the natural infrastructural connections between, and through, European countries: all are either suspended until further notice or hugely curtailed. Hard borders have emerged all over Europe. It is the right call, given the escalating pandemic that has infected most countries in the world, but it means that there is a deep recession ahead.

Given that nobody has worked out a way to buck the economic cycle of prosperity and accompanying recession, the willful cessation of the world's economic wheels that we are seeing is all the more remarkable. As it is unprecedented to stop the wheels of the economies like this, it may take an unprecedented stimulus to get them turning again.

Universal Basic Income, which has been piloted in small-scale experiments across the world, is now effectively being introduced nationally and extensively in Italy. The Italian government has rightly perceived coronavirus as disabling Italian citizens from earning money and it has responded by scrapping household bills, taxes and mortgage repayments. This is the reverse of European governments' responses to the 2008 sub-prime crash when they—at the behest of the European Central Bank—recapitalised zombie banks from the taxpayers' coffers and

let people suffer. Italian Industry Minister Stefano Patuanelli last week stated that he would raise the budget deficit to 2.2%; it is now looking more like 3% and growing. Clearly, Italy intends to act unilaterally by prioritising the well-being of Italians over European economic rules.

Again, in contrast to 2008 and its aftermath when the bigger western European powers imposed austerity programmes on what it termed the 'PIIGS' (Portugal, Ireland, Italy, Greece, Spain), governments are taking pre-emptive measures to ensure societies remain liquid. Italy—and other European countries drastically affected by coronavirus such as Spain could be next—has called the bluff of the European Central Bank in dismissing austerity and timorous State intervention out of hand. The ECB will have to accept that countries such as Italy acted as they had to, irrespective of the impact on the euro currency.

Many European countries, including Ireland, have not fully recovered from the last global recession in 2008. It is true that Ireland's GDP suggests exceptionally good times, but these gains have been very unequally spread. No patience remains to undergo another long recession while an elite benefits from the 'recovery'. Coronavirus may be about to reveal this fundamental shift in European societies.

Europe has promised 40 billion

euro from the European Investment Bank, which will go some way towards assisting people throughout Europe in these rattled times. But the credit ease and 'debt holiday' required from this mass stoppage of work and earning requires forbearance that is well beyond European norms. Yet what is the alternative?

Matters get more complex still when it comes to relations within the private sector, particularly in the rental market. In Ireland, hundreds of thousands of people find themselves suddenly unemployed. It is a matter of weeks before a huge constituency fails to meet their rental payments and they will seek the government to provide a solution. However, the Irish government is a 'caretaker' government, a transitional arrangement until a new government is formed. Recently in the Irish Times barrister Frank Callanan argued that the authority of a caretaker government to implement emergency measures is questionable according to the Constitution. Doubtless, the government would acknowledge this, and also that its authority to require a moratorium of private landlords is dubious. But, again, what is the alternative?

Many of our industries cannot function without the 'open economy' that Irish politicians are so fond of lauding. Tourism in Ireland, for example, could be faced with a complete wipe out this year. Galway City, after five years of hard work and concerted effort, won the 2020 European Capital of Culture accolade, which provides for generous funding to stage cultural events throughout the year—yet mass gatherings are now banned. Foreign Direct Investment, which generates circa 30 billion euro per annum, will remain a central part of our economy but it will be significantly hampered by the closure of borders and travel bans: 80% of FDI comes from the US. All in all, this is probably the most depressing St. Patrick's Day period in living memory.

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We at Gadabout Travel send our thoughts to all of our Irish Friends during this troubling time. Let's all hope we can get through this quickly. My grandpa always said, "If you have your health, you have everything". Stay in and stay safe everyone! We predict Ireland will be up and running, ready for travel again by Fall/Winter.

Gadabout Travel is still open to assist current travelers returning home, rescheduling trips and planning for future travels. Send us an email at gadabouttravel@hotmail.com (leave the best callback number)

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- Instead of canceling your trip, opt to reschedule

"Kell Chole Joins Crestcom Network

Raquel "Kell" Chole joins the Crestcom network as an authorized Crestcom licensee, President of Global Leadership Resources, delivering leadership development programs in the Chicago Metropolitan Area.

Kell's passion for leadership development originates from her background in global business development for an automotive component maker serving all major car producers, including Ford, VW, GM, Nissan, SAIC, Adient, and Toyota. It was through her work in automotive that she received the honor of being named one of the most influential women in American manufacturing by the National Association of Manufacturers and earned the Minority Supplier Development award from Johnson Controls.

Hired as an agent of change for her company, Kell was responsible for growing the

automotive segment of the business from 3% to 60% of sales and had a leading role in establishing manufacturing plants in Mexico and China, as well as exploring Eastern European options. With the Chairman of the Board, she created and managed development programs for women employees of the company. In partnership with the Michigan Minority Council, Toyota and Johnson Controls, she served as a corporate mentor and business development champion for minority businesses seeking to serve the automotive supply chain.

Kell's passion for excellence led her to partner with Crestcom, one of the training



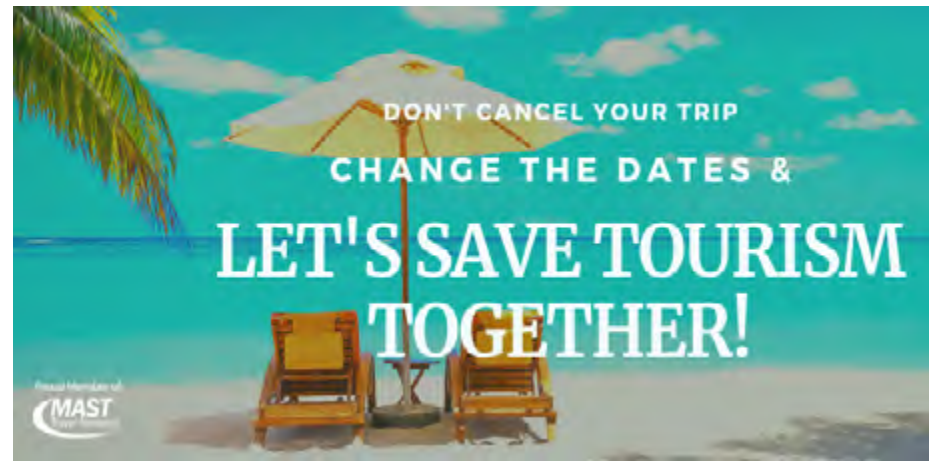
industry's most widely used management and leadership development programs among Fortune magazine's "Most Admired Companies." Development areas of focus include effective communication, customer service, managing change, negotiation, problem-solving, raising productivity, strategic thinking, and team building. Her experience, paired with Crestcom's award-winning signature program The Bullet Proof® Manager, helps people produce real business results.

Kell earned a B.A. from Loyola University of Chicago and a master's degree from Saint Xavier University of Chicago. On weekends, you'll find Kell and her family playing music out and about with

their music students. Kell and her son Rory share a world title in Irish music ensemble playing and a passion for the joy and excitement it brings to their lives.

The person who does Kell's training every month is Katie Grennan. Throughout a wide range of experiences as a management consultant, educator, and touring performing artist, Katie understands the intrinsic value of quality leadership and management in any professional environment. Katie holds a double undergraduate degree in Accountancy and Psychology from the University of Notre Dame and a Masters in Arts Management with a focus on Education from Carnegie Mellon University.

To reach Kell, visit crestcom.com/leadership-trainer/raquel-chole or email raquel.chole@crestcom.com, 630.212.7679



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Is mise le meas,
Bill O'Sullivan



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Remembering Tom Nicholson, My Grandfather - Part 2

*(Part 1 in the March 2020 Edition Online
at www.irishamericannews.com)*

As a nineteen year old, along with his brother Ned, Tom enlisted in The Munster Fusiliers in 1915 to fight the war to end all wars. Many went for adventure and also because of John Redmond's promise that Home Rule would be granted in Ireland if they would give Britain a bit of a 'dig out' on this occasion. The Munster Fusiliers became part of Kitchener's 10th (Irish) Division, they were the first of the Irish divisions to see action, and were also the most travelled. They saw their first action in the Dardanelles where a huge amount of soldiers were slaughtered by machine gun fire from the Turkish Army. Those that survived, including Tom and Ned, saw more action in Salonika (Greece), Egypt, Palestine and finally to liberate Jerusalem.

They were eventually sent to France on The Western Front, where Tom was wounded and sent home on leave. While at home in Killenagh, he reflected on the events of 1916 and the execution of the leaders. He made a decision to desert and never went back. He had to go into hiding around the woods in Kilwatermoy and Headborough for over a year, gratefully assisted by the kindness of the local people. Like many of the men who survived, he didn't talk much about his time in the war.

What slaughter and horrors he must have witnessed on the battlefields of the Eastern Front. One day, while he was washing, he showed me the scars from the bullet entrance and exit wounds in his lower abdomen. He also told me that he was made a corporal, but lost his stripes one night when his commanding officer observed that Tom had allowed his men to take off their boots in the trench. Even though the war toughened him up, he also had a soft side, and I saw him crying by the fire the night my younger brother Tom-Joe was rushed to Ardkeen Hospital with ruptured appendicitis.

After Vatican Two was sanctioned in 1965, Fr. Harry O'Brien continued with the 8am Mass in Tallow through



Connemara Daly

By Bill Daly

Latin. In order to attend this, Tom would wake me up about 6am and we would go down to the shed in the darkness to harness Neddy to the trap. The trap was used instead of the orange cart for social occasions like this. To provide light for the journey, candles were inserted into two lamps on either side of the trap. I was yawning and hungry as we set off, but it was a really lovely experience to have the road all to ourselves at this time of the morning. He always had a bar of dairy milk chocolate to give me for the journey and to keep me from complaining!

He was never a big drinker, and would hardly ever touch a drop from one end of the year to the other. However, there was a ritual that he strictly

observed, and that was to walk to Tallow for a few drinks on the afternoon of Christmas Eve. He normally couldn't take much drink and wouldn't be gone for too long. On this particular Christmas Eve that I have fond memories of, he met me on the road wearing his new suit and reminded me to make the feed for the pigs that evening.

Having only been gone for about three hours, he was driven back home in a car, staggering and the worst for wear. Against the better judgement of my parents, nothing would persuade him but to make the mixture and feed the pigs himself. He staggered out of the house into the piggery yard, still in the good suit. I was asked to go after him, just in case things would go pear shaped - which they did. I helped him to put the ration and the skimmed milk into the big container, and he insisted that he would now go and mix this up with the brush handle.

I could almost see the pigs looking out the piggery gate in amazement and horror at what was about to happen! He began to stir the mixture with the brush handle, then he went into a ferocious speed wobble, went around the container twice at full speed with the brush handle, and then was thrown about ten feet onto his back in the yard like a stone coming out of a catapult! As this was happening, the partially mixed blue cross ration and skimmed milk was heading towards the piggery over the hard ground like the Ganges delta. Dad then managed to put him to bed and he slept the sleep of sleeps all the way to Christmas morning!

As you can see I spent an amount of time with him when I was young. He was a wonderful, generous man and he made a great impression on me. I wish we could do all these things again, and this time I would take more of an interest. But, unfortunately, we cannot roll the film of life for a second time. I will finish with a paraphrase from John Parker, who penned a lovely obituary tribute to him when he died on 5th January 1975 - 'A strictly honest and upright man, who was held in high esteem by all who had the pleasure of his acquaintance'.

POET'S WHISPER...

Do not keep things with me here on the ground;
To this earth of dreams my feet are not bound.

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To This Irish Community Of Chicago And Beyond

As we all “shelter in place,” the Irish Fellowship Club sends its encouragement and support to all of our members, particularly those in the hospitality industry, who are most impacted by this crisis.

We all look forward to the time that we can join together again to celebrate our

culture and heritage.

We extend a deep debt of gratitude to all those working on the front lines of health-care and our first responder community who are continuing to serve all of us in this challenging time.

We encourage everyone to stay home to stay safe.



*May your hope be...
As determined as the river racing by,
As soft as the cry of the mourning dove,
As sweet and subtle as a lover's sigh,...
As resolute as the sun rising each day,
As certain as the return each year of spring.
May it break through the darkling clouds
And confirm you against every evil thing.
May Jesus and Mary and Patrick and Brigid
Strengthen your faith and hope and love,
And may God bless you
Father, Son and Holy Spirit.*

Source: Fr. Andrew M. Greeley.
The Irish, Contemporary Books, p. 96



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Trinity College, Frank McCourt and Hyphenated People

AH! To be given a voice on the pages of *Irish American News* rounds out the corners of my life! This monthly column feeds closeness to my Irish ancestry as well as a lightening rod of appreciation for all that's available living and working in America. This includes three first generation Irish-American daughters, four grandchildren, all of them bonded to their young cousins and elder relatives in Ireland.

When I migrated to Boston in the fifties with a younger brother and sister, I often reminisce, harboring self-induced pressure to assimilate quickly into Irish-America, learning how not to pronounce words that gave away the place of my rearing. When I visit Ireland I'm immediately informed I have an American accent, and when in the US I am repeatedly asked about my Irish accent. This prompts discovering exactly who you are and find the best in who you've become.

Frank McCourt addressed this conflict when he spoke in a crowded auditorium at Dublin's Trinity College in the aftermath of the publication of *Angel's Ashes*, a first novel lusciously sweetened by a Pulitzer Prize.

McCourt, a school teacher in New York, immediately climaxed to the status of celebrity in a growing litany of attributes that propelled him, his mother Angela and the city of Limerick into global literary limelight.

His first words spoken at the Trinity podium focused on the hyphen in Irish-American. When we are born Irish, he exclaimed, and eventually make our way to America, we become the hyphen in Irish-American. This translated into the reality we no longer belong in Ireland but haven't yet surmounted the challenges, customs, speech patterns and

abundance of opportunity in the newly adopted foreign country. Like birds on a telephone wire, we linger comfortably in the dash space of a hyphen sometimes growing, often not. We are a talented lot, ambitious, creative, poets, musicians all of us endowed with a remarkable work ethic. In addition, no nationality can compete with Irish temperament when a scalding blistering criticism is launched against church, state, educators, the lazy and the wealthy. We are also a nation of begrudgers, grudges passed from one generation to the next blessedly dying when a coffin is lowered in a freshly dug grave.

On that day in Dublin at Trinity College, none portrayed blistering better than McCourt. He lambasted Trinity's academic hallowed protestant ivory tower where he once sought admission to a doctoral program. He was a nobody, his application rejected, his request flung on the nearest dung heap. Jabbing mercilessly at an institution welcoming him on its historic podium when he was rich and famous though shunning him when he sought entry. He extracted with energy and gusto a pound of academic flesh sliced by eloquence as sharp as a surgeon's knife. The usually mild mannered, pale faced, teacher who commanded the coveted but scalding title of "Honorable Survivor of an Irish upbringing in Limerick." His family too poor to receive any charity from Saint Vincent de Paul's Society for reasons to do with their mother considered "a loss" because Angela was a quasi-widow, husband and father off in England drinking his wages, abandoning wife and family. Why a drunken scoundrel of a husband's lifestyle should be shouldered by a desperate woman attempting to feed and rear a family speaks to a

graceless and merciless religious charity system.

When McCourt talked about identification lodging in the hyphen he exclaimed the obvious: our roots are in Ireland, whereas our success and abundant loaves of bread and whiskey reside in America. The hyphen also becomes a symbol of the hay shed where feed for cows, goats and sheep are kept warm and dry, and yet poor families like the McCourt's shivered in heat barren environs devastated by hunger, huddled together in a bed to keep warm. We are forever grappling with our ancestry, our rearing, the nuns, priests, fathers who drank to excess and flogged children and as McCourt documented, drank what they earned "until all that was left was the stagger home, parent fights, tears, fear and hunger."

What Frank McCourt neglected to articulate was the presence of hyphen in Spanish American, Mexican American and all those hyphenated people who arrived in the United States, contributing enormously to the land of opportunity. The same sentiments exist for all immigrant nationalities. For all of us bubbling in that melting pot, the hyphen served as a bridge to our past. As I age, thankfully free from dotage, I spend more time transporting thoughts, recalling treasured memories across that hyphenated bridge undeterred by language or cultural identity.

Following the death of our father, our mother, at the age of thirty-two was forced to leave an economically ravished emerald isle leaving behind her three children with her sister. No work for men, zero available for women like so many before her, she left for Boston, gained employment and sent money home to support her children.

Good things happen to families maneuvering a bad streak. An uncle, James Hamill was informed of our plight. In his youth he fled Ireland for political reasons, became a physician, the first doctor to set up a medical practice in Las Vegas when its growth began to explode. Learning of our plight, he doled out money for our educa-

tion, received yearly report cards from nuns and De la Salle Brothers and after seven years when we joined our mother in America, the generous uncle paid for and supported my brother at Boston College and Tufts Medical School.

Our Guardian Angels watched over us as did our aunt who be-

came ill and died three months after our ship docked in New York.

Alas, we were misinformed about the gold nuggets on the streets in America, but we found our ways and thrived. Meanwhile the hyphen continues to serve its purpose as a resting place straddling two continents.

Free Do It Yourself Interview Toolkit from 'Memoir for Me' Life Story Books

By Katie Iannitelli

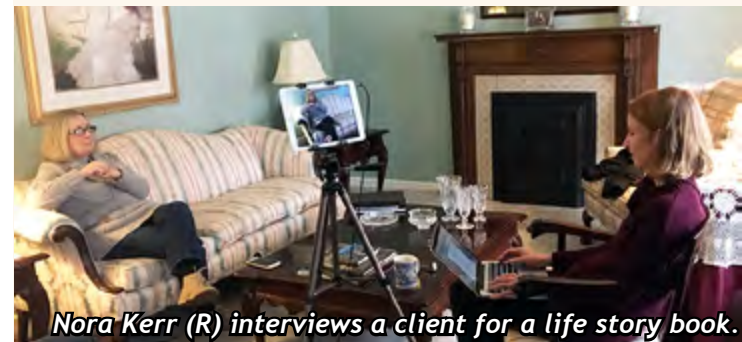
Writer and "proud northwest sider" Nora Kerr says this is the perfect opportunity for people to capture family memories for future generations, and, as a composer of life story books, Nora, owner of Memoir for Me, does just that for her clients on a daily basis.

Her hardcover chapter books capture, in a 30-to-40-page format, "the poignant moments,

urgency better than Nora, who was prompted to write her first life story book when her dad took ill in 2015.

"The whole process was transformational," she says. Since then she's captured 150 life stories for her clients that, otherwise, might never have been told.

During the shelter-in-place, Nora will continue to take on new clients through online interviews.



Nora Kerr (R) interviews a client for a life story book.

funny stories, and special photos that sum up what life is all about: childhood, culture, love, military service, raising kids, life challenges and how we overcome them."

In creating a life story book, Nora's first step is to conduct a series of intimate, in-person interviews with subjects and their families over many months' time.

"That is how we differ from a lot of the other companies that are computerized and impersonal," she says. "You just never know the surprises that come out in interviews if you sit down and let (clients and their families) talk and ask follow up questions."

Frequently, she is asked to capture a grandparent's life story. "There is urgency involved," she says. "We take these people for granted in our lives, but one day they may not be there. You just never know."

And no one understands that

She is also offering a free, "Do-It-Yourself Interview Toolkit" on the Memoir for Me website.

"It's for the DIY-ers who say, 'I want to capture someone's story, but I have no idea how to do it.'"

Nora says the interview kit lends itself well to families stuck at home.

"It's a really good time for people to pause and take on a project like this. It's something that older kids and even younger kids can get involved in. You can get your ten-year-old on the phone, asking questions they always wanted to know about grandpa. There are lots of lessons to be learned ... not to mention the techniques and skills worth having, such as writing, listening, asking the right questions, and practicing interviewing.

For examples of Nora's precious life story books, and to access the Do-It-Yourself Interview Toolkit, go to www.memoirforme.com.

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5% Off Pickup at Ashford House Restaurant Winston Market Fully Stocked & Open for Curbside Pickup

By Katie Iannitelli

Mike Winston's greatest worry is about the employees at **The Ashford House** restaurant, 7959 W. 159th St., Tinley Park.

"The restaurant is very slow, just like every other restaurant

restaurant employees working as possible, **The Ashford House** is offering the full carry out menu as well as curbside pickup. For 5% off, mention you read this article in *Irish American News*.

"The more carry outs I get, the more people I can bring back

Winston Market, next to The Ashford House, and Winston Sausage, opened by his father in 1965 at 4701 W. 63rd St., Chicago, are absorbing some of the restaurant's losses. Mike attributes this to panicked shoppers wanting to stock up on food at home.

"A normal day we would go through 100 pounds of ground beef. Last week we were doing close to 500 pounds a day."

But customers should not worry about **Winston's Market** running out of supplies, he says.

"We have fresh supplies every day. We're still getting shipments in from Ireland to keep our stock up. We have a full selection of everyone's favorites from Ireland, as well as Easter eggs and holiday candy."

Winston Market continues to be open for walk-in shopping. Alternatively, if you call ahead, they will take your credit card payment by phone and provide curbside pickup.

Through all of this, Mike feels fortunate and is grateful for his customers.

"Don't feel sorry for me because we're all in the same boat. I'm luckier than most," he says. "Just the support we get is heartfelt. Our regular customers are amazing ... the community we're in and the Irish community. They've stood by our family for over 50 years." Winstonsmarket.net and on facebook.com as Winston's Market or 708-633-7500.



Colin and Mike Winston

right now. We're trying the "To Go" route, but that doesn't do much. Normally on a Sunday we would do 200 tables for breakfast, lunch, and dinner. (Last Sunday) we had 15 to go orders."

In an effort to keep as many

to (work)."

During the dine-in closure, **Ashford House** will keep the same hours as **Winston Market**: Monday through Saturday, 9a.m. to 6 p.m., and Sunday, 10 a.m. to 3p.m.

Mike's other family businesses,

Irish American News Would Like To Thank Mike Winston And His Parents (RIP) For Their Continued Support Of Our Paper Since 1995! Much Appreciated!

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Irish Shop Oak Park Curbside Pickup

By Katie Iannitelli

Jim and Anne August, co-owners of the Irish Shop have been in business at 100 N. Oak Park Avenue, Oak Park, for 30 years. Their offerings include food, crystal, jewelry, china, and



clothing. Their numbers for March won't come close to those a year ago, Jim says.

"The parades ... that had a fairly big impact on us," he says. "But I still have to pay all my bills. I have to pay my rent."

With that in mind, Jim struggles each day to balance business with safety.

"I have to weigh the practical side, to stay open as long as we can to generate income. But we don't want to put us or anyone else in jeopardy. We have a lot

of elderly people that come in and shop. I would prefer (for their own safety) they don't come in."

During Oak Park's shelter-in-place, the Irish Shop continues to stay open as an "Essential Business" because of its food merchandise. And to that end, Jim is making many accommodations for his customers, especially with Easter, First Communion, and graduations on the horizon.

"I am offering curbside pickup. If customers are close enough, I will deliver to them. They don't have to come in. They can call me ahead of time. I'll be happy to give people my personal cell number. I will FaceTime if they have the technical ability to do that."

Irish Shop customers can also place orders online for non-local delivery, as long as delivery services are working, August says.

For more information, call the shop at 708-445-1149 or check their website Facebook page.

Swimming Upstream

By Charles Brady



Sudden Times: How I Learned to Stop Worrying and Love the Virus

"Jaysus, the thought of being stuck in with the kids for the next few weeks...the bloody thought!"

I let this hang in the air for a bit - as I'm likewise going to leave it hanging here - because, although it is far from the first time I've heard this sentiment in the past few days, it's still one that it takes a moment to formulate a response to.

We are living through some extraordinary times, just the same though, aren't we? Strange and extraordinary times.

'Sudden times', Father Daniel of Oranmore Parish in County Galway calls them. Sudden times: one of those phrases where you don't know quite what he means - except that you know exactly what he means.

It still seems astonishing that it came to this quite so rapidly. Only a few weeks ago I would have been one of those who were dismissing this as 'just' another mutated flu; and that the seemingly endless rolling news and media reports (that - when you analyzed them - were actually telling you remarkably little) were simply the familiar attempt at keeping the fear ramped up. Well...how wrong can you get, eh?

And now we're truly moving along rapidly, with - on the 16th of March as I write this - no pubs or restaurants open; no public transport to speak of; and damned

few businesses in operation. And no St. Patrick's Day celebrations either, so I guess that every pitch-black cloud has a silver lining, heh.

The various governments in different countries seem now to finally be acting with some decisiveness, despite shaky starts from several. And to be honest, I don't think that this is the time for scoring political points by sniping at whoever you don't like. After all, we're entering strange new times and unexplored territory that sadly will, for many thousands, include Shakespeare's 'undiscovered country.' A terrifying thought, really.

There is still some peculiar behaviour from Boris Johnson on one end of the Atlantic, mind; and it goes without saying that President Trump on the other end has also had his moments. We would expect no less.

But quite by accident it occurred to me why Trump has never bothered me as much as he does so many. In fact, I often find something rather soothing with whatever the latest is that he's coming out with. And here is why.

In 'Danse Macabre', Stephen King's history of the horror genre between 1950 and 1980, he offers us this passage:

"... I felt a bit the way Johnny Rotten sounds at the beginning of that classic and electrifying Sex

Pistols song, 'Anarchy in the U.K.' He utters a low, throaty chuckle that might have come from Randall Flagg's own throat and then intones, 'Right...NOW!' We hear that voice and our reaction is one of intense relief. The worst is now known; we are in the hands of an authentic madman."

The worst is now known, so we're comforted. There have been millions of words written about him, but I like to think that I'm the only one who has drawn a line from the Sex Pistols to the President.

Oh dear. I think I feel one of my funny headaches coming on. Medication time, Mr. Brady! Yes, Nurse Ratched.

With the horror of the pubs being closed and the nightmare of having to spend time with your children, now that the schools and the crèches are put to bed... what to do?

After a moment I asked him why he didn't flip the idea over and make something positive of it. In a world that's usually too busy and too filled up with work, perhaps

Central Metal Recycling Pays for Metal

By Katie Iannitelli

Central Metal Recycling owner Shawn Harms says business slowed down appreciably last week.

"Ninety percent of our business is the retail public. The shelter-in-place order has a lot of people freaked out. We are still open as an essential business," he says, "but the flow of customers really started to slow down last week."

One has only to observe the city's curbs and alleyways, however, to see that Chicagoans are using the shelter-in-place time to purge. With that in mind, Shawn points out that there is also an opportunity for the decluttering public to make a little extra money by recycling met-

this might be a lovely chance to really get to know your sprogs. Find out what little dreams and ambitions they might have; how they're getting on at school; who their favourite teacher might be.

Or how about the whole family playing a board game together instead of staring at their zombie-phones? You know, what I imagine to be basic stuff.

His reply? "You'd know that you've no children, wouldn't you?"

Well, no; but I used to be one. And my brothers and myself, we loved it when the whole clan got out the Cluedo or the Monopoly or a deck of cards to play Doubles. Maybe it wasn't too sophisticated - and we sure as hell weren't the Walton family -- but it was a lot of fun.

OK, perhaps I'm looking at these empty streets and feeling the fear that so many have right now, but I'm just desperately hoping that something positive - anything - comes out of this nightmare. To paraphrase something rather wonderful that Tánaiste

als at Central Metal Recycling, 5618 Fillmore St., Chicago.

"It's not just an exercise in cleaning out," Shawn says. "It's a little pocket change to boot."

Central Metal Recycling takes metal in many forms, such as old appliances, plumbing fixtures, brass light fixtures, copper wire, extension cords, computer/network cables, old computers, laptops, routers, modems, game

Simon Coveney said last week, perhaps it might be a good thing if something that is forcing us to keep our distance from each other is ultimately responsible for bringing us a little closer.

Because when this is over the history books will record a pre-virus and a post-virus era. Our way of thinking will have changed in ways that we can't quite comprehend at the moment. During this current time of transition we simply cannot imagine how this experience is going to alter our future behaviour.

It might be nice if we learn something from this. If we took something good out of something so bloody awful. Because between floods and fires and now a near-Biblical world-threat that has even left James Bond stumped, this planet seems to be pretty cheesed off at us.

And as we're learning at the moment, with what our home is capable of throwing at us if we don't behave, we're going to be the losers.

charleybrady@gmail.com

stations, stainless steel sinks, and metal lamps.

"Anything that's metal, we will accept."

They pay by the pound, depending on the type of metal. For example, a refrigerator might be worth approximately \$8 in scrap value, he says.

"We absolutely appreciate the loyal support of our customer base," he says. "We are doing our part to minimize risk

of exposure at our facility. Outside of those changes, we'd like to think it's business as normal."

Shawn explains that they have implemented queuing lanes so customers can maintain distance and recyclers may unload and receive payment outside the facility Monday thru Friday, 7 a.m. to 4 p.m., and Saturday, 7 a.m. to 11 a.m. call Central Metal Recycling at 773-345-8608.



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Irish Community Services (l to r): Paul Dowling, Michael Collins and Fr. Mick Madigan ready to assist during this time of need.

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Assistance During COVID-19 Outbreak

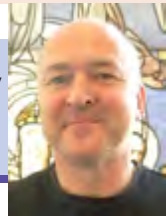
While our office remains closed during the current public health crisis, we at *Irish Community Services* are working to serve, empower and connect our community. If you find yourself in need during the COVID-19 outbreak, we're here for you! If

you've run out of essentials and can't get to the grocery store or you're feeling lonely during shelter-in-place and would like a friendly check-in call, please get in touch with us at 773-282-8445. We'll get back to you as soon as we can. Stay safe!



Terry From Derry

by Terry Boyle



The Elephant and the Mouse

What a difference a virus makes. When I booked my flight to Ireland at the beginning of the year, I had no idea of the consequences. I knew that March wasn't going to be the best weather. It's the season for liquid sunshine. In other words, the sun can be shining while it's pouring down with rain. Sure enough, since getting here, it's snowed, rained down hailstones, with the usual cold and damp. None of these things would've deterred me from booking my flight. I grew up here and knew what to expect.

What I didn't expect was the impact the coronavirus would have on my stay. Within days of landing on this side of the pond, there were rumblings about the virus activity in China. People were becoming infected at incredible rates. With the elderly and vulnerable being the most susceptible to succumbing to the disease, we were hearing of deaths. Once the virus started to spread it was too late to stop it. Suddenly, there was talk about it spreading to other countries, and, one-by-one, there were reports of infection, sickness, and death.

None of us prepared for what was happening. Travel soon became anathema. Cruise ships, once the pleasure trips for a lot of people, were now under quarantine. People were donning masks; a futile attempt to keep the virus at bay, shops were running out of sanitizers and toilet roll. Words like 'self-isolating' and 'stockpiling' soon became in use, as people

began to fear for their health and welfare. Governments, unable to contain or prepare for the rapid spread of the virus, tried to avoid mass panic. However, their inexperience and ineptitude only served to create even more chaos.

Never in my lifetime have I seen such a calamity. I was hooked to the news. It was as though we'd been invaded by aliens. Our financial backbone, the stock market, was tumbling into a free fall, testing for the virus was spotty and inadequate. Advice, sometimes conflicting, was guesswork. No one really knows what this virus is capable of. We have a vaccine. There are different strains that affect people in different ways. We are not sure if it's seasonal or whether it will continue beyond the summer. The only thing we know is that there is no escape from it.

One country after another began to register more deaths, more cases of infection, with predictions of greater measures of curtailing people's activities. China locks down, Italy follows suit, and the United States declares that travel to and from most of Europe banned. The White House, with a know-it-all in power, acts in the most idiotic ways. The President pretends to understand what's happening and tries to convince us to believe him and becomes the laughing-stock of the world. I've no doubt that the Democrats will use his speeches to discredit and unmask his foolish attempts at leadership. The T.V personality is out of his depth, and we know it.

So, here I am in Ireland, compulsively watching the news,

wondering if the orange man in the White House will close the borders of the U.S. to everyone. My flight is only a few days away and yet, each day brings with it new developments that could see me stuck with no way back to the States. Who would have thought our lives would suddenly change so much. We are watching our lives become unstuck by something so small, it's scary.

The fear is palpable. People are afraid to shake hands, touch hard surfaces or be in the company of other people. Schools are closing, workers told to 'self-isolate' and we still are not seeing the worse of this outbreak. What Hollywood saw as a good horror movie has come to life in real-time and it's just as horrifying as predicted. There are no zombies, no vampires or werewolves, just a small infection that can destroy our world order, change our reality to a normal we're unprepared for, and leave us shaking in our boots.

For a civilization that is so technologically advanced, we are at the mercy of an organism so small and undetectable, its name, coronavirus, creates panic. Our focus has changed from the endless circus of what happens in Washington to what is happening on Wall Street, the supermarkets or the local church. There is no area of life that has not been affected, directly or indirectly, by this infection.

I have no doubt that the conspiracy theorists will have a field day when it comes to unmasking the true culprit behind the rapid spread. I'm sure they will blame political entities for targeting the elderly and vulnerable. Or, some will believe it's nature's way of balancing out an overpopulated world. But for most of us, we'll be concentrating on the daily things in life. Can we buy what we need? When can I travel without fear?

It's back to the T.V for me and the endless analyses of what we don't know. Those who thought of this as another example of media hype are sadly mistaken. This horror is one that won't go away until we find a way to contain its spread or find a cure.

Joe Ahern, CEO of Chicago's 100 Club to Pass the Torch to Caitlyn Brennan

By **Ryanne Gallagher Johnson**

Since its inception in Detroit, Michigan in 1956, the Hundred Club has been providing for the families of first responders who have lost their lives in the line of duty, and has grown to 125 chapters across the country in just six and a half decades. The Chicago branch, operating since 1966, has served 274 families by offering many forms of financial assistance, access to resources, and moral and emotional support to all sworn federal, state, county, and local first responders stationed in Cook, Lake, and McHenry Counties.

Former Chicago television executive Joe Ahern has been with Chicago's Hundred Club since November 1, 2010, and the chapter's CEO since 2012. As of March 31st 2020, he will hand over the reins to Caitlyn Brennan, who previously served as the Assistant Director of Admission for DePaul University's School of Public Service, before joining the Hundred Club of Chicago in 2013.

"I came on running our educational assistance program initially," Ms. Brennan explains. "Doing outreach and marketing, which morphed into taking on more of the operation side of the organization. I attended a Hundred Club event in November of '13, and turned to the staff and said, 'I need to be involved. I need to be part of this.' The mission is so moving. I'm part of a first responder family, so it was

just the perfect fit."

The move from Mr. Ahern to Ms. Brennan comes at a time when Ahern says the Club could use the infusion of youth.

"I feel blessed every day that Caitlyn is here and can take over," he reflects. "If you deliver one check to family after they've lost their dad, or their loved one, that's one too many. And sadly... I've seen 37 line of duty deaths that I had to experience first hand.



It's time (to hand over the reins). I will continue to serve in any way I can, because frankly, it's been the honor and privilege of my life to have been associated with this organization.

"The men and women who serve in our police departments and fire departments and state and local federal law enforcement are the finest people I've ever met in my life."

"In the last ten years, we've had 37 line of duty deaths," Mr. Ahern continues. "Right now, we have 27 sons and daughters in college that are all on Hundred Club scholarships, and we have 84 additional

kids that will be coming of age in the future, and one's not a year old yet. So, there's a lot of work to do, in terms of sustainability and raising money and raising awareness. We couldn't be better fitted with Caitlyn to run (everything)."

Coined "The Blue-coats' Best Friends" by Arthur W Baum in an article written for the Saturday Evening Post in Detroit on April 7th, 1956, the 100 Club offers memberships that serve as an annual giving campaign, starting at \$50. More than \$11 million has been raised to serve the families of Chicago's fallen, of which more than \$5 million has been devoted to educational assistance to the dependents.

"The first check that I delivered..." recalls Ahern, "Mike Flisk was an evidence technician who was tragically shot and killed the day after Thanksgiving, November 2010. He had three sons and a daughter, and Peg (his daughter) was the first recipient of our college scholarship program at DePaul University. She went on to graduate from DePaul, and then was the first recipient of our John Marshall Law School full scholarship, and today she serves as a State's Attorney, a prosecuting attorney, and she's also the president of the Young Irish Fellowship. Her brother, Brian, is a police officer today. Her oldest brother, Michael John, is a firefighter, and Tim is working in the trades. And their mom Nora is now a grandmother.

"But these are generations upon generations of families that have been our first responders who serve and protect all of us, and we can look back and think, 'Thank God for this organization, that we're there to help pro-

vide some financial assistance, emotional support, college education.' Because it is really a Godsend. The track record of results this organization has is really a living testament to the

on," says Brennan, "Our first responders are still on the front lines, still serving us and serving our communities. On an everyday level, people can help by being grateful, being thankful for our first responders, and keeping them in their thoughts and prayers. Become a member, donate what you can, and know that all funds assist us in helping families immediately, at the time of a line of duty death, and also provide for dependant children and spouses to enter college. We provide all the way up to law school. So, those funds go a very long way."

Although Mr. Ahern is stepping down as CEO, he still plans to remain with the organization in whatever capacity they'll have him.

"Thank God, I'm blessed with a lot of energy, and I plan to serve at the pleasure of the Hundred Club board and Caitlyn. We still have a lot of



Caitlyn Brennan, Stacy Ellis, Zoe and Kailey Ellis

importance of the Hundred Club."

In these strange and unprecedented times our country is experiencing, there are still ways people can help this amazing charity. Our first responders, who are always on the front lines for us, are now even more critical to the public.

"I think especially in this time right now, with all that's going

work to do, and a lot of events that we initiate, so I will continue to do that. I have three daughters, and my wife and I are active, and she's very active in a number of charitable organizations. So, we have a full life, and I'm blessed with that."

For more on the Hundred Club, including memberships, programs, and events, 100clubchicago.org



Joe Ahern, Janice Morrissy, Caitlyn Brennan, Kristen Oleksik

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www.chicagoirishradio.com



On the Upbeat

By Maryann
McTeague Keifer

My original intent was to review two new and brilliant albums from Billow Wood and Poor Man's Gambit, but will be postponing this until next month to have a chat about the effect of the Covid 19 virus on musicians and area pubs and restaurants who host their concerts and us.

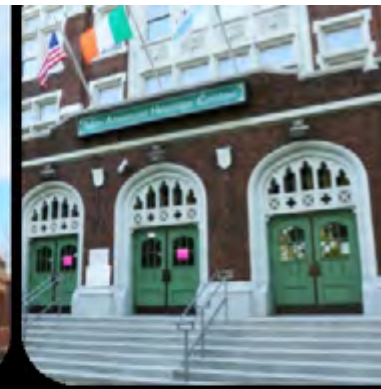
Several months or more ago, we were happily purchasing tickets for concerts featuring Lunasa, The Aoife Scott Band, Socks in the Frying Pan, We Banjo 3, Goitse, Gaelic Storm, The Drowsy Lads, The Byrne Brothers, and High Time, to name a few, at venues like Old Town School of Folk Music, the Irish American Heritage Center, Gaelic Park, Irish Heritage and Cultural Center, and the Pabst Theater. We were enjoying the incredible array of talented musicians at sessions at The Galway

Arms, Chief O'Neill's, Grafton Street, Mrs. Murphy's Irish Bistro, Galway Bay, and The Curragh among many others. Almost overnight, our world and these musicians' and business owners' worlds came to a screeching halt with not enough time to plan to deal with the losses. Not all our favorite bands lost here in the States. Cuig, Connla, Back West with Seamie O'Dowd, David Munnely and Shane Mc Gowan, Outside Track, and Full Set were stranded in France and Germany.

Expenses of \$8000-\$20,000 and more in airfares, visas, car rentals, lodging, preordered CDs and band merchandise was suddenly sitting there with no income to support the expenses. Uncertainty regarding when this plague may be

over has added to the stress of "How do we cover costs?"

I had the JigJam lads at the house looking so down; it was heartbreaking. They had a month at DollyWood among other gigs cancelled and had it happen so fast. I chatted to Fiachra Hayes who was waiting at the airport to go from Albuquerque to Chicago to London to Shannon just trying to find a flight home. Socks, We Banjo 3, Goitse, Lunasa, and High Time were to be here at least another week. Aoife Scott was just ready to get started as were Shane Hennessy and The Martin Hayes Quartet. It becomes exponential when one looks at all the gigs lost. Some of these bands have been around for a long time and may have a small emergency fund set aside, but most are still trying to become established



and financially stable.

The question becomes, "What can we do to help these musicians to survive until we find normal again?"

Several bands held successful fundraisers, thanks to gen-

erous donors, and donations are tremendously appreciated and an easy way to help. Gift cards, PayPal and other online APPs provide avenues to outright donate to your favorite artisans. Purchasing their merchandise through their websites is a real help. Get those birthday, anniversary, and 'just because' gifts of T-shirts, hats, posters, pins, water bottles, koozies, whiskey flasks, etc. which are all there waiting for good homes. Buy the actual album CD or vinyl instead of listening on Spotify. How about hosting an online House Concert with family and friends you know are virus free? Contact one of your favorite musicians and arrange for them to play online for you for an hour and pass the hat among your guests. Set a minimum, which is usually \$20 and then ask any who are able to give more. You can even interact with the artist(s). If you are a competitive sort, host

a 10,000 Step Challenge. Have your friends and yourself get sponsors per 100 steps. Contestants can take photos of their fitness trackers or smart watches at the beginning and the end. Have an auction or a Guess the Number of Jelly beans in the Jar. I don't spend my change and toss it in one of several large mugs from my pockets at night and from my purse when it gets too heavy. I am always amazed at how much it adds up to be when I decide to take it to the bank. I know many of you out there are quite creative. Let's get those ideas working to help out the people who bring us such joy with their music!

We can't forget the pubs, restaurants, and venues who host these concerts and sessions and have been shut down or had services severely altered by a mandate of the State to justifiably protect us. From the owners to the waitresses, bussers, cooks, and bartenders, from Chief O'Neill's, Galway Arms, Ashford House to Mrs. Murphy's bistro, be it The Heritage Centers or Gaelic Park, all are suffering in order to make us safer from Covid 19. Check to see if the restaurant is offering its menu as a take out experience. Order from their catering menu. Do not be timid in asking the owners how you might help them out.

Look for any smaller events being held at the Centers and attend if you feel comfortable being out. Renew your memberships early, perhaps at a higher than usual level. Most importantly, once all these places are allowed to reopen, frequent, frequent, frequent them.

We at *Irish American News* care deeply for all these talented musicians and the venues which support, host, feed, and water them. We wish you and your families the best of health and pray we will be sitting together soon at a soldout concert!

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May 2nd, 9th, 16th & 30th
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April

Wednesday, April 15th

4:00 pm - 7:00 pm
Irish American Heritage Center
Hosted by Attorney Caroline Shoenberger

COVID-19

Immigration Legal Clinics may be subject to change due to the COVID-19 outbreak. Please contact our office to inquire about any potential changes.

May

Sunday, May 17th

10:00am - 12:00pm
HQ of Teamsters Local 705
Hosted by McEntee Law Group

Wednesday, May 20th

4:00 pm - 7:00 pm
Irish American Heritage Center
Hosted by Attorney Caroline Shoenberger

REGISTRATION REQUIRED

Call: 773-282-8445



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U.S. CITIZENSHIP WORKSHOP

Saturday, April 25th, 2020

10 AM - 2 PM

Irish American Heritage Center

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\$50 PER PERSON

REGISTRATION REQUIRED : CALL 773-282-8445

This Citizenship Workshop may be subject to change due to the COVID-19 outbreak. Please contact our office to inquire about any potential changes. Email: info@irishchicago.org & Phone: 773-282-8445.

COVID-19:

At Irish Community Services our number one priority is the health and safety of our community members. As a result of the recent outbreak of the COVID-19 virus in the Chicagoland area, ICS is announcing that we are taking necessary precautions by suspending all in person operations, implementing work from home plans, and where possible, transitioning to remote or telephonic services. We hope that these precautions are only temporary and that we will return to operations as usual by mid-April. Please check our website and social media platforms for up to date programmatic information during this unprecedented crisis.

We advise all members of the community, especially the elderly and other at risk individuals, to exercise a high degree of caution during this outbreak. Please visit the CDC, Illinois Department of Public health, and the Chicago Department of health websites for up to date information.
www.cdc.gov
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Fáilte Moments



Serve



Empower



Connect

Fáilte is off to a great start. The children have learned about old Irish myths Tír na nÓg and The Children of Lir. The teenagers created scenes, and have also created art work with sand and paper mâché. We have also successfully learned the start of an Irish Jig. Thanks to Sadie from Trinity Irish Dancers who has not only taught the children the steps but also instilled a love for expression through Irish dancing. (Pictured above dancing with Addison our young volunteer.)

Up next for Fáilte, stage presence and communicating without words, creating art in conventional and unconventional ways and more Dancing!

ICS Community Playgroup had an extremely successful St. Patrick's Day party. The community really rallied together to give the toddlers a

wonderful experience. In true Irish fashion, we had a sing song led by one of the dad's who attends playgroup Myles. (Pictured below with his son Aidan.)

Play group is FREE and meets every Wednesday from 10am– 12pm at the Irish American Heritage Centre. ALL caregivers with toddlers are welcome.

***April 22nd Irish Storytime with Tonya– Designed for ICS**

For more information about our Youth and Family programs contact Grace by email at grace@irishchicago.org or by phone 773-282-8445

ICS Playgroup Paddy's day party 2020



Play



Learn



Grow



Support for people with memory loss and those who care for them.



DEMENTIA AND KEEPING ACTIVE AT HOME

Keeping busy is important for us all. The kinds of activities a person with dementia can engage in or how much assistance they may need to do certain tasks will change as their disease progresses.

The Alzheimer's Association has developed helpful tips on how to plan activities for someone with middle- or late-stage dementia. Below, we highlight some of their advice on keeping your loved one engaged and busy.

10 Tips for Activities at Home

1. Be flexible and patient.
2. Encourage involvement in daily life.
3. Avoid correcting the person.
4. Help the person remain as independent as possible.
5. Offer opportunities to make choices.
6. Simplify instructions.
7. Establish a familiar routine.
8. Respond to the person's feelings.
9. Simplify, structure and supervise tasks.
10. Provide encouragement and support.

Planning Activities

Focus on the Person - consider their tastes, strengths, abilities, and interests. You will need to make adjustments as their disease progresses.

- Keep the person's skills and abilities in mind. Stick to the activities the person has always enjoyed. Adjust, as needed, to match the person's current abilities.
- Pay attention to what the person enjoys and what seems to make them anxious or unhappy.
- Be aware of physical difficulties - does the person have difficulty with vision, hearing or mobility?
- Encourage any activities the person may initiate without your direction.

Choosing the Right Activities

- Focus on enjoyment, not achievement.
- Encourage involvement in daily life - simple household task like setting the table can give a sense of accomplishment.
- Relate activity to work life - a former office workers might enjoy activities around organizing or planning. A former farmer might enjoy working in the garden.

Consider your approach

- Offer support and supervision.
- Concentrate on the process, not the results.
- Be flexible.
- Be realistic and relaxed.
- Help get the activity started.
- Break activities into simple, easy-to-follow steps.
- Don't criticize or correct.
- Try again later if it doesn't work out.
- Engage through conversation
- Let them know they are needed and are contributing to the activity.

Modify the Environment

- Make activities safe - remove hazardous materials and tools.
- Encourage activities by placing the necessary items and equipment where they are accessible to the person.
- Minimize distractions to avoid upset or confusion.



1 (800) 272-3900

SENIOR GROUPS

A Note on CoVID-19 (Coronavirus)

Due to the Coronavirus outbreak, ICS is cancelling senior groups during the first week of April as a precautionary measure. We're hoping that the worst of the outbreak will have subsided by then and we're currently planning to host all subsequent senior group meetings. However, this will be determined closer to the time and with the health and safety of our seniors as the most important deciding factor. If you're planning to attend any of the meetings in April, we recommend calling our office (773-282-8445) two days before the event to confirm it will take place. ICS encourages you all to take precautions to prevent the spread of the virus. Stay well!

STOP FRAUD

Fraud Prevention Update

Chicago Gaelic Park

Wednesday 8th April

Doors : 10am - Presentation : 10.30am

The Cook County Sheriff's Office will be on-hand to teach us how to avoid scams and protect our hard-earned assets. welcome



Monthly Musical Gathering

Irish American Heritage Center

Wednesday 15th April

Doors : 10am - Performance : 10.30am

Join us for a morning of FREE musical entertainment and great company. ALL are welcome and refreshments will be served.



Understanding Property Tax

Chicago Gaelic Park

Wednesday 22nd April

Doors : 10am - Presentation : 10.30am

There'll be a brief presentation by the Cook County Treasurer's Office & a chance to ask about your own property tax situation.



pH Factor

By Pat Hickey



"Whenever I find myself growing grim about the mouth; whenever it is a damp, drizzly November in my soul; whenever I find myself involuntarily pausing before coffin warehouses, and bringing up the rear of every funeral I meet; and especially whenever my hypos get such an upper hand of me, that it requires a strong moral principle to prevent me from deliberately stepping into the street, and methodically knocking people's hats off--then, I account it high time to get to sea as soon as I can. This is my substitute for pistol and ball. With a philosophical flourish Cato throws himself upon his sword; I quietly take to the ship."

Herman Melville- Moby Dick

Manual labor is directed to four things.

First and principally to obtain food; wherefore it was said to the first man (Genesis 3:19): "In the sweat of thy face shalt thou eat bread," and it is written (Psalm 127:2): "For thou shalt eat the labors of thy hands."

Secondly, it is directed to the removal of idleness whence arise many evils; hence it is written (Sirach 33:28,29): "Send" thy slave "to work, that he be not idle, for idleness hath taught much evil."

Thirdly, it is directed to the curbing of concupiscence, inasmuch as it is a means of afflicting the body; hence it is written (2 Corinthians 6:5-6): "In labors, in watchings, in fastings, in chastity."

Fourthly, it is directed to almsgiving, wherefore it is written (Ephesians 4:28): "He that stole, let him now steal no more; but rather let him labor, working with his hands the thing which is good, that he may have something to give to him that suffereth need." St. Thomas Aquinas

The Joys of Hard Physical Labor

I like working. I like working, because I snap myself out of the reveries that make me believe that I am something more special than what God created me to become. People have had their ears pounded with my nonsense of "I am an English teacher, writer and really terrific carbon footprint. Yeah? Well La Dee-Effing Dah!"

I no longer teach at Marquette Catholic High School. My career there ended in December and we shall let it go at that. I searched for a job that would challenge my sixty-seven-year-old body and not my spirit. I have learned that after a career, or life set-back, nothing is so good as hard physical labor. After one such career set-back, I worked as a Driving Range - ranger. I was the guy who drove the Kubota tractor and raked up range balls, washed said white pearls of the course, bucketed the Titleist's and sold them, as well as beer and hot dogs at the wonderful Evergreen Park District facility on 91st & Rockwell. This place is a gem of the south side and should be named after Mayor Jimmy Sexton who dreamed up this farm/driving range and Frisbee golf course. I also worked for the former Labriola Bakery in Alsip, Illinois and kept pace with my young comrades of the minimum wage. I made gluten free Parm Crisps and later packaged and shipped this over-priced product that will set you back almost \$8

per dozen crackers. They reminded me particle board - de gustibus non est disputandum.

After parting ways with my profession as a Catholic high school English teacher, I determined to work my eight hours and punch out at the end of the day. No longer am I tasked with grading papers, creating lesson plans and

entertaining scores of bright young people, while being harried by passive aggressive people who could not cut it in the classroom and the mediocrities who seem to flourish in our nation's Offices of Catholic Schools universal. Now, I punch in at one of the growing numbers of trucking platforms for goods.

I work in one of the many massive rectangular plants in the Port of Indiana that are much like the many facilities that dominate the once waving fields of grain along major inter-State highways. These places are operated by corporations that appear more like the adorable Russian Matryoshka dolls. I work for company Phoenix which employees people willing to work eight to ten hours a day on their feet doing work that is simple, but physically challenging. This company was contracted by an acronym firm called Productive Manufacturing Systems, or something like that and it has its own offices within the plant. My plant manager runs the lines and staffs each one within a 30,000 plus square footage. Both companies bring in product from a local plant that manufactures candy. Our candies are chewable vitamins from Women, Children and Men.

Staff are required to punch in at 6:08 AM and make themselves presented to the individual line bosses, or Operators. Work begins before 6:30 AM. My tasks have been to make shipping boxes, label them according to the daily codes provided by the line bosses and keep the packer in boxes until the end of the day. I am required to check dates, and times and placement of labels and then build pallets of product. There is a great deal of bending, twisting and walking, as well as deft box making.

There are two ten-minute breaks and 30n minute lunch. The lunchroom is very quiet. By 3P.M. this old guy is ready for a shower.

The people who work with me a credit to the American work ethic and the supervisors work harder than the line-hands. They do everything we do, plus make careful and accurate accounting of all product and shipping protocols. The workers in Port of Indiana never complain and exceed expectations even when short staffed.

God always has a new window for all of us and this one has been a genuine tonic to my spirit and general outlook, Hard work is a joy,

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Home is Where the Heart Is

By Aishling Kelly

To all the readers of this newspaper, Please be conscious, mindful, deliberate in your efforts to watch out for others, the sick, the frail, and the elderly. Above all be safe. Here is a poem titled "Our Time" that was given to me several years ago. Interesting read and some food for thought.

Our Time Author Unknown

The paradox of our time is that we have taller buildings, but shorter tempers; Wider freeways, but narrower viewpoints; We spend more, but have less; We buy more but enjoy it less.

We have bigger houses and smaller families; More conveniences, but less time; We have more degrees, but less sense; More knowledge, but less judgment; More experts, but more problems; More medicine, but less wellness.

We have multiplied our possessions, but reduced our values; We talk too much, love too seldom and hate too often; We've learned how to make a living, but not a life; We've added years to life, not life to years; We've been all the way to the moon and back, but we have trouble crossing the street to meet the new neighbor; We've conquered outer space, but not inner space; We've cleaned up the air, but polluted the soul; We've split the atom, but not our prejudice.

We have higher incomes, but lower morals; We've become long on quantity, but short on quality.

These are the times of tall men and short character; Steep profits and shallow relationships. These are the times of world peace, but domestic warfare; More leisure, but less fun; More kinds of food, but less nutrition.

These are the days of two incomes, but more divorce; Of fancier houses, but broken homes. It is a time when there is much in the showroom window and nothing in the stockroom.

A time when we have choices, choices, choices, Like your choice to help make a difference, Or the choice to just look the other way ...

Aishling Dalton Kelly
Ceo Aishling Home Care
www.aishlingcare.com

Careers

By James F. Fitzgerald, CPA



What's Happened To Our Country?

I am very proud to be an American. I often say that I bleed red, white and blue. I joined the Illinois National Guard within a week of my 17th birthday. My plan was that I would stay in the Guard for a year or two and then I would request to be put on active duty. It didn't work out that way, the Army doctors said they would give me a call if a war broke out, but at the time, my vision was not up to par. I returned to the Guard for several years before transferring into the US Army reserves. I open this column with the above simply to say, I love this country. I thank God that Mom and Dad got on the boat at Queenstown.

My question today is what has happened to "my" country? This is not about Democrats or Republicans, but rather the mood that they both have created in this country. Hey, I'm a South Sider who has seen a fair amount of conflict, so I'm not easily intimidated, but there is a litany of craziness that has gone beyond any reasonable boundaries. I think our leaders need to get things done; not just rattle on about what they are going to do. So I have decided to address a few of the issues as I see them.

For example, the large scale shootings that have become far too common. What are we doing about them—arguing about the abuse of the gun laws? Consider the number of random shootings throughout the country and how the public simply gets a lot of talk about who is guilty—but very little of substance is done about it.

It is like a lot of other things, the political leadership simply says they need to study it or argue about it, but nothing gets done about it. I claim no great insight into our criminal justice system, but reading any daily newspaper will convince you that we have a significantly flawed system in place. It does seem that minorities are particularly victimized by the system. Maybe rather than putting young minorities in jail, we should develop other methods or programs. Perhaps opportunities in organizations like a domestic Peace Corps would help a number of these individuals to reach their maturity with a sense of pride in a good day's work.

Such programs would allow men and women to learn a marketable skill or a trade, or even just learn the sense that working for a living is not simply for fools would be a good thing. Where are the intellectuals who could design such a system? I do not know what it costs the state or federal government to incarcerate someone, but wouldn't we be better off helping these individuals learn a skill or trade rather than abandoning them to a prison yard picking up "tools of the criminal trade"? I'm not talking about simply handing them a job that they can abuse, but rather one where they could improve their work skills. Something they



can take pride in.

Let me move to another subject, when did we as parents decide that we wanted to be friends, pals, or buddies with our children rather than PARENTS? I am convinced that many of us parents simply abdicated the parental role. We as parents must be our children's first teachers. We must help them understand the responsibility of being a decent human being. Help them understand that those football players who spent the afternoon bashing into each other should not walk off the field without shaking hands with the players of the other team. Is that easy to do? No. But it is the accepted response once the game is over. This is how mature people behave.

We have fooled ourselves into seeing great value in our Johnny or Judy getting a participation trophy simply for showing up for games. We are diminishing the value of the very trophy that we are presenting to our youngsters. Basically we are telling them that their performance didn't really matter, it was their presence on the floor, on the field, etc. that is important. Kids are smart and they soon learn that you simply need to show up. Woody Allen once said you get 50% for just showing up. Think of the state of mind that fosters. Is s/he likely to be a good solid performer at work? I doubt it. I believe this is how the current view of how "It's all about me" developed.

We have come to accept if not celebrate mediocrity in our society; it's become part of the American culture. I argue that many of us have lost our sense of pride in this country that earlier generations of Americans cherished.

Our political "leaders" have sacrificed many of us in foreign wars when it was convenient to their political future. We need to demand accountability from our "leaders" at every level. In our current situation, China could and might very well hold us hostage because they manufacture a very high percentage of the drugs used by this country, including those needed by our military.



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Our political leaders have been asleep at the switch.

Do you have suggestions on how we could demand and expect a greater sense of responsibility from our leaders? What ideas would you have about helping more of our children to see the greatness of our country? I would appreciate hearing your thoughts; my email address is shown below. CARPE DIEM (SEIZE THE DAY).

THOUGHTS FOR YOUR CONSIDERATION:

Perpetual optimism is a force multiplier.

Secretary of State Colin Powell

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

Sir Winston Churchill.

Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties. **Helen Keller**

James Fitzgerald is president of James Fitzgerald & Associates, Inc., a Naperville, IL-based senior executive coaching and career transition firm. Jamesffitzgerald.com jamesffitz37@hotmail.com 630-420-0362

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Interesting Times

I ended March's column stating "The months ahead will be 'interesting times'". But, seeing that the "October surprises" expected for all elections, including the upcoming 2020 election, have been coming nonstop since 2016, that was not a wild guess.

Donald Trump replaced James Comey in 2017 and CNN, MSNBC, ABC, Al Jazeera, Bloomberg, began pummeling viewers relentlessly with "breaking news" bulletins, announcing: "a bombshell turning point" that would lead to President Trump's impeachment and resignation. Self-described "far to the left socialist" newscaster Lawrence O'Donnell, presidential hopeful (and now convicted) porn lawyer Avenetti and other pundits announced breathlessly that President Trump would surely be forced to resign: "The beginning of the end for the

Trump Presidency"; "the walls closing in"; "It's over".

Typically, all the "independent experts" repeated the same phrases, as though reciting biblical verses from the pulpit. Were they just following the lead of liberal print journals like the Sulzberger family's New York Times and Bezos' Washington Post? In any event, a large portion of big-city, big state populations believed every word.

The Mueller probe kept the nation in anxiety for two years, finally collapsing in March of 2019. Then came Russia hoax II - the phone call that mentioned oil genius Hunter Biden's big corporate board job in Russia. That one flopped in late January.

However, I had not expected the sights I saw while shopping mid-March. I had to forage the Sam's parking lot to even find a cart. Patrons were following peo-

ple leaving the store to their cars and waiting patiently, thankfully, as they unloaded their carts. Families were rolling two and three carts through the store. Some aisles were stripped almost bare. The paper aisle, usually stacked as high as a forklift can reach, was bereft of toilet tissue. No pasta, no sauce could be found. A few random cans of soup sat strewn about. I had come in to get a case of lemonade iced tea in cans, and wheeled that around to the checkouts; only to discover the line began on the far side of the store. I just abandoned the cart there and headed home.

I did notice that shelves in the liquor section were still well stocked, and phoned my patient wife, Dorothy, joking that it showed the situation was not so desperate. She quipped right back: "Wait 'til they realize the kids will be home from school all day the next two weeks". But it far from humorous this afternoon when Pritzker announced that all bars and restaurants will be closed, except for take-out orders, until the end of the month. Our daughter's wedding reception, one week away, was cancelled! As of writing, we're trying to work out something to save the situation.

There are, unfortunately, many who relish the thought of a market crash and recession. A health crisis offers a great opportunity

to push universal single-payer government health care and destroy President Trump's soaring economy at the same time. Happy, prosperous populations aren't in favor of revolution; misery and discontent are necessary ingredients. Bill Maher proposed this as a Trump tonic and a way to get America solidly on the dependency path 2 years ago when he declared on his show: "I feel like the bottom has to fall out sometime. And, by the way, I'm hoping for it because I think one way you get rid of Trump is a crashing economy. So, please: bring on the recession. Sorry if that hurts people, but it's either root for a recession or you lose your democracy."

Because of coronavirus fears, the Dow Jones industrial average plummeted 10 percent, on Thursday despite the Federal Reserve's highly unusual step of injecting more cash into the bond market. Then, Friday, March 13, during President Trump's address to the nation, the market roared back 9.36%, nearly 2000 pts!

Predictably, the Washington Post headline yesterday, March 14, preached gloom and doom: "With unprecedented force and speed, a global recession is likely taking hold". The paper likened it to the 2008 global financial crisis and warned that "some veterans of that tailspin- the worst since the Great Depression- say to-

day's epidemic is hammering the economy in complex ways that could prove even more difficult to combat."

As I write this, the situation seesaws. President Trump and Vice President Pence appeared in another White House address to the nation. The President announced that the Federal Reserve is taking aggressive action to stimulate the economy, cutting benchmark interest rates to near zero while launching a "\$700 billion quantitative easing program" to start tomorrow morning. He urges Americans to just: "Take it easy. Relax." Still, despite the central bank moves Dow futures dropped, triggering the Mercantile Exchange's 5% "limit down" to prevent panic selling.

The Archdiocese has canceled Masses and limited gatherings to 250 people. I call St. Luke's rectory to ask about the wedding ceremony. No answer at the office. I want to know whether we can have the reception in the hall below the school. I drive over to there, but no one answers the door.

My good friend, Len, well-connected with another (non-Catholic) church offers to check if their meeting hall and kitchen is available, but that pastor regrets to say that his synod has also suspended all services and meetings until the corona crisis passes. The latest from my daughter and her groom is that their reception venue has offered to host a July 4 event. The actual wedding is still in limbo, as are the plans of many invited guests.

But it dawns on me that things could be lots worse, and that life will go on. I am reminded of Sophie, a girl I once knew. She showed me a black and white photo of her mom and dad standing outside in a yard or field, somewhere in World War Two Poland. Mom wore a long, white wedding gown that seemed incongruous, considering the time and place. They were not well-to-do; nor was the gown a family heirloom. Rather, it had been expertly cut and sewn together from a parachute discarded by a trooper who had landed nearby.



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A MESSAGE FROM THE IRISH AMERICAN HERITAGE CENTER



This certainly isn't the start to Spring that any of us had in mind, including all of us at your Irish American Heritage Center! These are truly strange and unprecedented times. Although the Center is closed for now, we are working hard on ways to stay in touch and looking forward to welcoming everyone back when we can all celebrate our Irish heritage together again!

Keep watching our website at www.irish-american.org and our social media channels for news on when our doors will be open, and for some special features that will keep Irish culture flowing for our community.

The timing of this pandemic could not have been worse for the IAHC. This hit us at a very vulnerable time as St. Patrick's Day is one of our largest sources of revenue. But, with your help, we will bounce back! You can help support our mission by becoming an IAHC member or renewing your membership, making a donation, or buying a brick in our Plaza of Names Program. If you have not yet renewed your membership or would like to become a new member of the Irish American Heritage Center, Join or renew today.

I know that this is a trying time for everyone in the IAHC community and am hopeful that this too shall pass sooner rather than later. In the meantime, please stay safe and healthy out there!

Hope to see you around the Center very soon!

Mike Shevlin, President



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